



QUICK RECOVERY FROM STRESSFUL SITUATIONS

TASK: Discuss skills that can help you recover from stressful situations.

CONDITIONS: Discussion – Question based

STANDARDS: Understand skills that will help you recover from stressful situations and apply them when needed.

REFERENCE(S): MRT Reference Center



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What are some examples of stressful situations?

(Ask the Soldiers for examples)

- Emphasize that stress originates from both your personal and professional life.

It is impossible to avoid stressful situations, especially in the military. Stress and stressful situations are simply a part of life that should be expected.

It is also impossible to never show emotion whether it is anger or depression.

However, we must learn to identify the true source of the stress and manage our emotion and reactions to stress in order to refocus our energy to more productive and beneficial thoughts and actions.

What are some examples of how you deal with stressful situations?

(Ask the Soldiers for examples. Let them volunteer the information, if nobody responds, give your own example to spur conversation.)

- Ask the Soldiers whether they are productive or counterproductive?



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Self-Awareness and Self-Regulation are key skills to effectively manage and recover from stress.

-These are two areas that YOU have influence and control over. Knowing how you react to stressful situations and why is important to managing stress.

What does SELF-AWARENESS mean to you?

If you find that you frequently blame others for your stress, ask yourself what role you play. Conversely, if you find that you frequently blame yourself for your stress, ask what role others play. Thinking this way can help identify the sources of the stress. Is your stress in the current situation linked to another stressor in your life? The goal is to identify the source while also identifying what aspects you have control over, so you can focus your energy on self regulation and the things you do have control of.

How would you describe SELF-REGULATION?

Once you have perspective on how and why you react to stressful situations you are more prepared to stop counterproductive thinking, express your emotions appropriately and effectively manage the situation. Begin to solve the problem, by focusing on the elements of your stress you have control over. Relaxation, exercise, talking to other, participating in activities you enjoy, and sleep are examples of productive things.



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Summary:

Be Self-Aware

Know yourself and understand how you react to stressful situations and why.

Self-Regulate ·

Focus on the things you can control. Take control of your emotions in order to be productive and stop counterproductive thinking and actions. Whether it is relaxation, exercise, sports, etc, be proactive in refocusing your energy to effectively address your stress.

Is anyone immune to stress?

- Everybody must deal with stress. We may have different sources of stress but we all have stress. We all must learn to manage our stress to remain resilient and increase our physical and mental performance. Feel free to discuss your stress with those around you, we all have it, so we all have a connection.
- Developing these skills can assist in a quick recovery from stressful situations. Remember, it is a continuous process and remain optimistic.